



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #14

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peach Cream of Wheat	Cheese Bagel		Egg Burrito	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Peaches- canned, unsweetened	Banana- fresh	Fruit Cocktail- canned, unsweetened	Tropical Fruit- frozen, unsweetened	Craisins- dried
Grains/Bread Component 4x Whole Grain, 0x sweet	Cream of Wheat	Whole Wheat Bagels (WG)	Cheerios cereal (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Toast (WG)
Other Foods 3x Meat/Meat Alternate		American Cheese		Scrambled Eggs	Yogurt
LUNCH	Grilled Cheese Sandwich	Chicken Alfredo	Tuna Salad (HM)	Meatloaf (HM)	Chicken Patty Sandwich (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Corn- frozen	Green Beans- frozen	Broccoli- frozen	Mashed Potatoes- dried	Carrots- fresh
3x fresh	Apple Slices- fresh	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Banana- fresh	Peas- frozen
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Crackers	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 1x highly processed	Cheese	Chicken	Tuna	Ground Beef	Chicken Patty (CN)
Other Foods		Alfredo Sauce	Lettuce Salad- fresh; Mayonnaise, Pickle Relish		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Turkey Crackers		
Fluid Milk	Skim Milk				
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Raisins- dried		Strawberries- frozen, unsweetened	Oranges- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Graham Crackers	Goldfish Crackers	Brown Rice Crackers (WG)		Granola Bar (WG) (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate			Turkey	Cottage Cheese	
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

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CACFP-218



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Turkey Cheese Biscuit			Cheese Muffin
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Pineapple- canned, unsweetened	Applesauce- unsweetened	Oranges- fresh	Peaches- canned, unsweetened	Craisins- dried
Grains/Bread Component 4x Whole Grain	Oatmeal (WG)	Biscuit	Cornbread	Whole Wheat French Toast (WG)	Whole Wheat English Muffin (WG)
Other Foods 2x Meat/MA, 1x sweet		American Cheese, Turkey		Syrup (sweet)	American Cheese
LUNCH	Turkey Roll-Up	Chicken and Rice	Breakfast for Lunch	Bean and Cheese Burrito (HM)	Cheese Pizza (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Corn- frozen	Broccoli- frozen	Hash Browns- frozen	Sweet Potato- fresh	Carrots- fresh
	Fruit Cup- canned, unsweetened	Apricots- canned, unsweetened	Banana- fresh	Mixed Fruit- frozen, unsweetened	Peas- frozen
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Brown Rice (WG)	Whole Wheat Toast (WG)	Whole Wheat Tortilla (WG)	Crust (CN)
Meat or Meat Alternate 1x highly processed	Turkey Slices	Chicken	Scrambled Eggs, Cheese	Beans, Cheese	Cheese Pizza (CN)
Other Foods	Lettuce- fresh	Cream of Mushroom Soup, Cheddar Cheese		Mixed Vegetables- frozen	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Crackers			
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Raisins- dried			Tropical Fruit- frozen, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet	Goldfish Crackers	Brown Rice Crackers (WG)	Bread Stick	Toasted Oats cereal (WG)	
Meat or Meat Alternate 2x Meat/Meat Alternate		Cheese			Yogurt
Other Foods					

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Toasted Cheese Sandwich	Egg and Cheese Sandwich		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Apple Slices- fresh	Apricots- canned, unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Raisins- dried
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)	Whole Wheat Bread (WG)	Whole Wheat Bagel (WG)	Cream of Wheat
Other Foods 2x Meat/Meat Alternate		American Cheese	Eggs, Cheese		
LUNCH	Scalloped Potatoes	Turkey Salad	Ham and Cheese Sandwich	Beef Rice Casserole	Fish Sticks (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Peas- frozen	Green Beans- frozen	Corn- frozen	Carrots- fresh	Broccoli- frozen
3x fresh	Scalloped Potatoes- fresh	Fruit Cocktail- canned, unsweetened	Mixed Fruit- canned, unsweetened	Banana- fresh	Mashed Potatoes- dried
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Brown Rice (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Turkey	Ham, Cheese	Ground Beef	Fish Sticks (CN)
Other Foods	Onions	Salad- fresh		Tomato Soup	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					Skim Milk
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Pears- canned, unsweetened	Mixed Berries- frozen, unsweetened	Oranges- fresh	Salsa- canned	
Grains/Bread Component 2x Whole Grain, 1x sweet	Graham Crackers			Whole Wheat Tortilla (WG)	Granola Bar (WG) (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate		Cottage Cheese	Yogurt		
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Cheese Muffin	Breakfast Tortilla
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Strawberries- frozen, unsweetened	Apricots- canned, unsweetened	Banana- fresh	Pears- canned, unsweetened	Fruit Mix- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Whole Wheat Bagel (WG)	Cereal Bar (sweet)	Whole Wheat English Muffin (WG)	Whole Wheat Tortilla (WG)
Other Foods 3x Meat/Meat Alternate	Yogurt			American Cheese	Scrambled Eggs, Cheese
LUNCH	Hamburger Casserole	Turkey and Cheese Sandwich	Chicken Noodle Soup (HM)	Chicken Strips (CN)	Hamburger
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrots- fresh	Broccoli- frozen	Peas- frozen	Green Beans- frozen	Tater Tots- frozen
3x fresh	Banana- fresh	Oranges- fresh	Applesauce- unsweetened	Peaches- canned, unsweetened	Corn- frozen
Grains/Bread Component 4x Whole Grain	Brown Rice (WG)	Whole Wheat Bread (WG)	Egg Noodles	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Turkey, Cheese	Chicken	Chicken Strips (CN)	Ground Beef
Other Foods	Ketchup, Mustard			Ketchup	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Turkey and Cheese Roll-Up				
Fluid Milk		Skim Milk			
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Pineapple- canned, unsweetened		Fruit Cocktail- canned, unsweetened	Raisins- dried
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Tortilla (WG)		Brown Rice Crackers (WG)	Graham Crackers	Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate	Turkey, Cheese		String Cheese		
Other Foods					

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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peach Oatmeal	Toasted Cheese Sandwich			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Apple Slices- fresh	Raisins- dried	Apricots- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Oatmeal (WG)	Whole Wheat Toast (WG)	Cornbread	Brown Rice (WG)	Corn Flakes cereal
Other Foods 2x Meat/Meat Alternate		American Cheese	Ham, Cheese		
LUNCH	Chicken Nuggets (CN)	Beef Tacos	Shepherd's Pie	Stroganoff	BBQ Chicken (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Green Beans- frozen	Corn- frozen	Mashed Potatoes- dried	Broccoli- frozen	Carrots- fresh
	Pears- canned, unsweetened	Oranges- fresh	Banana- fresh	Mixed Berries- frozen, unsweetened	Peas- frozen
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Egg Noodles	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 1x highly processed	Chicken Nuggets (CN)	Ground Beef	Ground Beef	Ground Beef	Chicken
Other Foods	Ketchup	Lettuce- fresh		Cream of Mushroom Soup, Onions	BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Mozzarella Quesadilla	
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Applesauce- unsweetened		Mixed Fruit- frozen, unsweetened		Craisins- dried
Grains/Bread Component 2x Whole Grain, 0x sweet	Brown Rice Crackers (WG)	Goldfish Crackers	Pretzels	Whole Wheat Tortilla (WG)	Graham Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		Ham		Mozzarella Cheese	
Other Foods					



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WEEK OF Week 6

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Turkey and Cheese Bagel			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Apricots- canned, unsweetened	Craisins- dried	Pears- canned, unsweetened	Peaches- canned, unsweetened	Craisins- dried
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat English Muffin (WG)	Whole Wheat Bagel (WG)	Biscuit	Whole Wheat Toast (WG)	Toasted Oats cereal (WG)
Other Foods 2x Meat/Meat Alternate		Turkey, American Cheese		Eggs	
LUNCH	Macaroni and Cheese with Ham (HM)	Chicken Salad (HM)	Chicken Wrap	Spaghetti with Meat Sauce	Chicken Nuggets (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Green Beans- frozen	Peas- frozen	Carrots- fresh	Corn- frozen	Broccoli- frozen
	Fruit Cocktail- canned, unsweetened	Apple Slices- fresh	Fruit Mix- fresh	Pineapple- canned, unsweetened	Mashed Potatoes- dried
Grains/Bread Component 4x Whole Grain	Whole Wheat Spaghetti (WG)	Crackers	Whole Wheat Tortilla (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Ham	Chicken	Chicken	Ground Beef	Chicken Nuggets (CN)
Other Foods	Cheese Sauce; Spinach- fresh	Mayonnaise, Pickle Relish	Lettuce- fresh	Tomato Sauce	Ketchup
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	Skim Milk		Skim Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Oranges- fresh	Banana- fresh	Raisins- dried	
Grains/Bread Component 2x Whole Grain, 1x sweet	Granola Bar (WG) (sweet)			Goldfish Crackers	Whole Grain Rice Cakes (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt			American Cheese
Other Foods					

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